



FIVE WAYS TO WELLBEING

The [Five Ways to Wellbeing Chatter Box](#), a resource created by Mind, Inspire and SAMH form the basis for the Wellbeing Pizza and the Wellbeing Planner created by the 2nd Paisley Abbey Scout Group.

They are Connect, Be Active, Take Notice, Learn and Give.

Connect

Feeling close to and valued by other people is really important. It doesn't matter how old you are – social relationships promote wellbeing and act like a buffer against mental health problems. Spend time with others you care about like family and friends. Talk to people (rather than just sending a message) – let them know what you've been up to and how you're feeling, then ask them how they are too and really listen to their answer. Why not do an activity together?

Be Active

Regular physical activity helps people of all ages. It doesn't have to be an organised, fast-paced activity such as football or Pilates. A walk in the park, an active game, dancing, or hoovering are all ways to get moving. Being active outdoors is great, if you can – sometimes it depends on the space and weather you have. Sometimes it's nice to be alone, but you could also use being active to connect with other people.

Take Notice

It can be easy to try to do lots of things at once, or to do an activity without really thinking about it. When you can, slow down and really focus on what you're doing. Giving things like craft, games, or stories your full attention can help you feel calmer and enjoy the moment. Why not go for a walk and pay attention to the scenery, try a new food and see how it tastes, or really focus on the next thing you make?

Learn

Learning something new can make you feel proud of yourself, and it can be a great way to meet new people and get out and about. If books and puzzles are your thing, great – but if not, why not try to learn something a bit more practical? You could learn a new football trick, cook something new, or explore a new area.

Give

Sometimes other people are the best mood-booster. People who are more interested in helping others are more likely to rate themselves as happy. Research shows that just doing just one act of kindness a week for six weeks is associated with an increase in wellbeing! They don't have to be huge gestures: a little note for a friend, or doing an extra chore at home, would be great places to start. For more information, check out Mind's website.